



BAKERY MIX, BISCUIT TYPE, LOW-FAT

Date: April 2009

Code: B368

PRODUCT DESCRIPTION

- Low-fat bakery mix is made from enriched wheat flour, sugar, hydrogenated vegetable shortening (excluding palm oil, palm kernel oil, and coconut oil), nonfat dry milk, buttermilk or whey, salt, and leavening agents. It has up to 50% less fat than regular bakery mix.

PACK/YIELD

- Low-fat bakery mix is packed in 5-pound packages, which is about 19 cups of dry baking mix.

STORAGE

- Store unopened packages of low-fat bakery mix in a cool, clean, dry place.
- After opening, keep package tightly closed.
- Low-fat bakery mix may be stored in the refrigerator.
- Look at the "Best if used by" or "Best by" date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- To prepare, follow instructions on bakery mix packaging.

USES AND TIPS

- Use low-fat bakery mix to make biscuits, dumplings, shortcake, pancakes, waffles, muffins, and cakes.
- Prepared low-fat bakery mix can be used as a crust topping for casseroles, fruit crisps, or other baked dishes.

NUTRITION INFORMATION

- ¼ cup of low-fat bakery mix counts as 1 ounce in the MyPyramid.gov Grains Group. For a 2,000-calorie diet, the daily recommendation is about 6 ounces.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: ¼ cup (30g) low-fat bakery mix, biscuit type

Amount Per Serving

Calories	110	Calories from Fat	30
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% Daily Value*

Total Fat 1.5g	2%
Saturated Fat 0.5g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 410mg	17%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 3g	

Vitamin A	0%	Vitamin C	0%
Calcium	6%	Iron	6%

*Percent Daily Values are based on a 2,000 calorie diet.

SANTA FE BISCUIT PIZZA**MAKES ABOUT 4 SERVINGS****Ingredients**

- Nonstick cooking spray
- 1 cup low-fat bakery mix
- 2 tablespoons cornmeal
- ¼ cup hot water
- 1 cup canned low sodium kidney beans, drained
- ⅓ cup salsa
- ¼ cup reduced fat cheddar cheese, shredded
- ½ cup lettuce, chopped
- ½ cup tomato, chopped
- 3 tablespoons fat-free sour cream

Directions

1. Heat oven to 375 degrees F. Spray 12-inch pizza pan or baking sheet with nonstick cooking spray.
2. In a small bowl, stir bakery mix, cornmeal and hot water until soft dough forms. Shape into a ball. Roll dough into 10-inch circle and place on pan.
3. In a small bowl, stir together beans and salsa; spread over dough to within 2 inches of edge. Sprinkle cheese over beans.
4. Bake 25 to 28 minutes or until crust is golden brown and cheese is melted. Top with lettuce, tomato, and sour cream before serving.

Nutritional Information for 1 serving (about ¼ pizza) of Santa Fe Biscuit Pizza					
Calories	220	Cholesterol	5 mg	Sugar	1 g
Calories from Fat	30	Sodium	540 mg	Protein	10 g
Total Fat	3.5 g	Total Carbohydrate	38 g	Vitamin A	17 RAE
Saturated Fat	1.5 g	Dietary Fiber	6 g	Vitamin C	6 mg
				Calcium	150 mg
				Iron	2 mg

*Recipe adapted from Recipezaar.com.***OATMEAL MUFFINS****MAKES ABOUT 12 SERVINGS****Ingredients**

- 1 cup low-fat bakery mix
- ½ cup crushed corn or oat cereal
- 1 ½ cups oats
- ½ cup sugar
- 2 teaspoons cinnamon
- 1 egg
- 2 tablespoons vegetable oil
- 2 tablespoons applesauce
- ½ cup fat-free milk
- Non-stick cooking spray

Directions

1. Preheat oven to 375 degrees F. Coat a muffin pan with nonstick cooking spray.
2. In a large bowl, add bakery mix, cereal, oats, sugar, and cinnamon in a small bowl and mix.
3. Stir in egg, oil, applesauce, and milk until lightly mixed (batter will be lumpy).
4. Spoon batter into muffin cups.
5. Bake for 20 to 25 minutes or until muffins are browned.

Nutritional Information for 1 serving (about 1 muffin) of Oatmeal Muffins					
Calories	140	Cholesterol	20 mg	Sugar	9 g
Calories from Fat	30	Sodium	150 mg	Protein	3 g
Total Fat	4 g	Total Carbohydrate	24 g	Vitamin A	12 RAE
Saturated Fat	0.5 g	Dietary Fiber	2 g	Vitamin C	1 mg
				Calcium	42 mg
				Iron	1 mg

Recipe adapted from Recipezaar.com.